

## AMashed Potatoes(FreshorCompleteGranules)100

Number of Servings: 100 (102.4 g per serving)

Amount	Measure	Ingredient
3 1/4	gal	Potatoes, fresh, w/skin, diced
2 1/2	qt	Milk, 1%, w/add vit A & D

### Nutrients per serving

Nutrition Facts			
Serving Size (102g)			
Servings Per Container			
Amount Per Serving			
Calories 70	Calories from Fat 5		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 15mg	1%		
Total Carbohydrate 15g	5%		
Dietary Fiber 2g	8%		
Sugars 2g			
Protein 2g			
Vitamin A 0%	Vitamin C 25%		
Calcium 4%	Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Notes

Scrub and eye potatoes, can leave peeling on. Cut into pieces.

Cook potatoes in small amount of water and drain when tender. Drain. Add milk (or instant dry milk + part of potato water) and mash until fluffy.

Serve at 160 to 180 degrees F.

OR

Use dry Complete potato granules with Vitamin C, following directions add water ONLY.

1/2 c or #8 scoop = 13 to 15 grams carbohydrate = 1 carb serv

1/2 c mashed potatoes = 1 vegetable serving